

## Weight Pressures in Sport – Males (WPS-M) Scoring Information

Refer to the following article for more information regarding the development of the WPS-M:

Galli, N., Reel, J.J., Petrie, T.P., Greenleaf, C., & Carter, J. (2011). Preliminary development of the weight pressures in sport scale for male athletes. *Journal of Sport Behavior*, 34.

**Purpose:** To assess sport-specific weight pressures for male athletes participating in a variety of sports

### Subscales and Internal Consistency:

Subscales	Items	Cronbach's alpha
Coach/Teammate Pressures	1, 3, 4, 5, 8, 12, 13	.87
Appearance Pressures	2, 6, 7, 9, 10, 11, 14	.84
WPS-M Total Score	all 14 items	.90

### Scoring Procedure:

*WPS-M Total Score:* Add all 14 items and divide by 14 for a total average weight pressures score.

*Coach/Teammate Pressures subscale:* Add items 1, 3, 4, 5, 8, 12, 13; divide the sum by 7 for an average subscale score.

*Appearance Pressures subscale:* Add items 2, 6, 7, 9, 10, 11, 14; divide the sum by 7 for an average subscale score.

Higher scores represent more weight-related pressures in sport for male athletes.

## Weight Pressures in Sport

Please circle the number on the 6-point scale listed below that best describes how you truly feel about your current situation and team. There are no right or wrong answers, so please answer honestly.

	Never	Rarely	Sometim e	Often	Usually	Always
1. My coach places an emphasis on team members' weight.	1	2	3	4	5	6
2. The leanest athletes get chosen for the best positions on the team of the best positions in a game/competition.	1	2	3	4	5	6
3. My teammates notice if I put on weight.	1	2	3	4	5	6
4. My team performance would improve if I gained at least 5 pounds of muscle.	1	2	3	4	5	6
5. My coach encourages athletes to gain muscle mass.	1	2	3	4	5	6
6. My team uniform makes me aware of my build.	1	2	3	4	5	6
7. The crowd scrutinizes my body and makes me concerned about my weight and appearance.	1	2	3	4	5	6
8. Body weight and appearance are important to my coach.	1	2	3	4	5	6
9. Body weight and appearance are important to my family.	1	2	3	4	5	6
10. Body weight and appearance are important to my friends outside of my sport.	1	2	3	4	5	6
11. Any of my body flaws are readily apparent in my uniform.	1	2	3	4	5	6
12. Weigh-ins are held periodically throughout the season.	1	2	3	4	5	6
13. My coach notices changes in my weight.	1	2	3	4	5	6
14. The leanest team members are at a distinct performance advantage.	1	2	3	4	5	6